Mountain Brook High School

AUGUST

LUNCH

Breakfast Daily @ 7:30 AM
Grab 'n Go Salads & Sandwiches Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
3 ENJOY SUMMER	4 ENJOY SUMMER	5 ENJOY SUMMER	6 ENJOY SUMMER	7 ENJOY SUMMER
10 ENJOY SUMMER	11 ***Loaded Spartan Mac Bowl*** NEW ITEM Fried Okra Cornbread Muffin	12 **Fried/Baked Chicken** Broccoli Casserole Sweet Potato Casserole White Rice *w/Chicken Gravy* Green Beans & Dinner Roll	13 **Spaghetti w/Meatballs** Buttered Noodles Corn Nuggets Lima Beans Garlic Bread	14 **Burrito Bar** *w/Beef or Chicken* Cilantro Lime Rice Black Bean & Corn Salsa
17 **Dill Chicken Bites** Roasted Potatoes Corn Nuggets Dinner Roll	18 **Chicken Parmesan** Buttered Noodles Italian Steamed Veggies Buttered Corn Garlic Bread	19 **Fried/Baked Chicken** Broccoli Casserole Sweet Potato Casserole White Rice *w/Chicken Gravy* Green Beans & Dinner Roll	20 **Crispitos** *w/Queso* Spanish Rice Mexican Street Corn	21 **Grilled Chicken Bowl** *w/Chicken Fajita Strips* White Rice Black Bean & Corn Salsa
24 **Pasta Bar** *(Buttered Noodles, Chicken Alfredo, Marinara Sauce)* Green Beans Buttered Corn Garlic Bread Pasta Bar	25 **Taco Bar** *with Taco Meat & Queso* Tortilla Chips Refried Beans Spanish Rice TACO BAR	26 **Fried/Baked Chicken** Broccoli Casserole Sweet Potato Casserole White Rice *w/Chicken Gravy* Green Beans & Dinner Roll	27 **Popcorn Chicken** Mac & Cheese Steamed Broccoli Cornbread	28 **Red Beans & Rice** *with Conecuh Sausage* Fried Okra Cornbread Muffin
31 **General Tso Chicken** **Sweet & Sour Chicken** Fried Rice Vegetable Egg Roll Steamed Broccoli				

SUMMER

A la Carte Menu -- Monday: Chicken Sandwiches w/Spicy Curly Fries * "Toss it up Tuesday": May include Buffalo Eggrolls, Pizza Eggrolls, Wings, Grilled Cheese, Variety of Fries * Wednesday: Buffalo Chicken Tenders * Thursday: Cheese Sticks w/Spicy Waffle Fries * Friday: Cheeseburgers w/Salt & Pepper Fries